

Boys Champs 1

Recreational gymnastics is a great way to keep your son active and help him progress physical and mental skills! It allows children to experience the fun of gymnastics while making friends and building life skills! We have recreational classes based upon skill level and convenience so that your son can start learning and progressing right away!

When you first come to the gym, a coach will assess your son's ability and he will be placed into the level most appropriate for him based on age and skill set.

It is our goal to make these young gymnasts not only into great athletes, but also into great children/teenagers/adults. We believe in the importance of gymnasts leading well rounded lives and being involved with outside interests as well.

This class is for boys who would like to increase their flexibility, agility and balance. It offers introduction to parallel bars, high bar, vault, floor, pommel horse, and rings. They will also gain more muscle strength and body control.

Boys are put in their appropriate age group, class is interactive and fast-paced. And we make sure that boys can be boys!

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POMMEL HORSE
Feet on Mushroom F/B support 10sec
(PB) upper arm hold 10sec
Walk 5 circles
5 Penguins good form
Slider walk 30 feet

RINGS
1 Pull up unassisted
Tuck "L" hold 10sec
5 Swings proper hand movement
Inverted pike hold 3sec unassisted
Skin the cat hold 3sec
FX 10 Arch Rockers good form
C1/C2 10 in a row

P-BARS
Hold 30sec support
Sotted 5 support swings
Tucked "L" hold 10sec
"L" hold 3sec
3 Swings between dismount,
horizontal stick 3 in a row

STRENGTH
Spotted pull ups 5 in a row
HS on the wall 30sec
10 Push ups good form
Hollow hold 20sec
Arch hold 20sec
"L" hold 5 sec on FX
10 burpees non stop
3 Box jumps stick in a row
Air squats 10 in a row
Spotted leg lifts 5 in a row

VAULT
Lunge jump to 2 feet on to panel mat
Springboard jumps 20 in a row good form
Panel mat runway hurdle to punch up box
Foot on and off panel mat 30sec
Run hurdle punch to box (no panel runway)
Spring 5 lengths of the fault runway

HIGH BAR
Beat taps 5 in a row
3 Pull ups spotted
5 Spotted casts in a row 45 degrees
Tumbltrak wiggle worms 10sec
3 Tap swings on the trapeze
J Hold 5 sec/TTB 5 sec

FLOOR
Forward/Right/Left Chasse
Headstand forward roll
Panel mat cartwheel kickover
Cheese F/B rolls
Back drop straight legs!! On 8"

CHAMPION
RECREATION GYMNASTICS
619.449.7717
www.cgchamps.com

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5+ years old
One hour class

Schedule

Monday: 3:00
Tuesday: No class
Wednesday: 3:00
Thursday: No class
Friday: 4:00
Saturday: No class
Sunday: No class

Monthly Cost

Annual Family Membership Fee: \$72
1x per week: \$125
2x per week: \$200

**IF YOU ARE NEW ATHLETE TO CGC
YOUR FIRST MONTH FREE TUITION
WITH \$35 REGISTRATION FEE
(Click here for info)**